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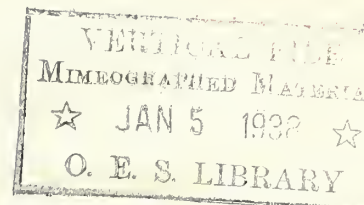
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BOOK NUMBER

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3 WEST VIRGINIA 4-H CLUB
HEALTH PROGRAM,
1936-37.

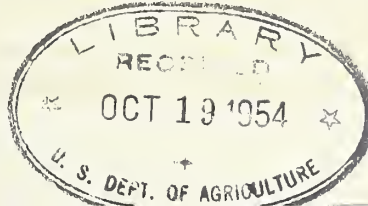


1. Suggestions for health activities of local clubs.

- (a) That the club develop a health program along lines suggested by county health committee.
- (b) This program should include:
 - (1) Appointment of a permanent health committee to direct health activities of the club.
 - (2) Study of local health problems.
 - (3) Physical examination for each member annually by a reputable physician.
 - (4) Health-development program for each member based upon information obtained from physical examination.
 - (5) Presentation of health information as a part of the monthly club program several times during the year.
 - (6) Help in disease prevention and the preservation and the promotion of health in the community - testing drinking water, immunization, "swat the fly" campaign, hold dental clinic, hot school lunches, etc.
 - (7) Keep record of health activities of club and members and report same at end of year. These should be kept in secretaries record books.
 - (8) Have representatives - boy and girl - in county health contest.

2. Suggestions for county health activities of county extension workers.

- (a) Hold conference with official health agencies to ascertain the outstanding health problems of the county in which the 4-H clubs, through their health activities, could take part and to get suggestions for health activities in local clubs.
- (b) Help local club set up a health committee and plan a health program.
- (c) Furnish helps and suggestions to local health committees.
- (d) Help arrange for members to get physical examination, immunization, etc.
- (e) Arrange for county health contest and select representatives for State contest.
- (f) Combine reports of local clubs in a county report.
- (g) Give publicity to health accomplishments of clubs, communities, and county.



- (h) Arrange transportation, expenses, etc. for county representatives to State contest.

3. Suggestions for health activities - State 4-H club office.

- (a) Encourage counties and local clubs to carry on a health program as suggested above.
- (b) Furnish helps and suggestions to county leaders.
- (c) Consult with State department of health as to health activities of the 4-H club so as to bring about closer cooperation with these clubs and keep the 4-H health activities in line with the health program of the State.
- (d) Plan with the State health department for regular health classes or lectures at State summer camp.
- (e) Hold State health contests, - boys and girls - select State representatives for the national contest, and provide suitable ribbons for contestants.
- (f) Arrange transportation etc. for State representatives to national contest.

State Health Contest

- 1. Any regularly enrolled 4-H club member eligible to attend State camp, where the contest is held, who has been selected as the county representative in a county contest may enter.
- 2. The physical examination will be held at Jackson's Mill; that for girls during older girls' camp and for the boys during boys' camp.

3. Basis of awards:

- (a) Physical examination 70
- (b) Health improvement and activities. 20
(Each contestant to submit on or before September 1, a report and story showing in detail what he has done to improve his health, part taken in health promotion work of his club and community, etc.)
- (c) Activities as a club member. 10
(Special report blank to be provided for (b) and (c).
Blue ribbon group - 90 and above
Red ribbon group - 85-90
White ribbon group - 80-85

Awards to be announced at State 4-H Round-Up.

From the blue-ribbon group a boy and a girl will be selected to represent West Virginia in the national contest. This representative must: 1, Have finished 3 years of club work; 2, be at least 16 years of age; 3, have attended at least one State camp for full time; 4, not have enrolled in college prior to September, 1937.

